

ABSTRACT

Problems to be Solved by the Invention:

5 The present invention provides an oil-in-water emulsified food product containing plant sterol, which has the effect of reducing the level of cholesterol in the blood, and having a smooth texture and excellent emulsification stability.

Means for Solving the Problems:

10 An oil-in-water emulsified food product containing a complex of plant sterol with egg yolk lipoprotein is provided. This oil-in-water emulsified food product can be obtained by a production method having a step wherein a liquid dispersion of a complex is prepared by adding a
15 water-based medium as needed to egg yolk lipoprotein and plant sterol followed by stirring and mixing; a step wherein water-phase ingredient(s) are added as needed, stirred and mixed; and a step wherein oil-phase ingredient(s) are added and an emulsification treatment is performed.